

Curriculum vitae, Bente Appel Esbensen, f. 1963



Current position

Clinical professor and senior researcher in rheumatology nursing and self-management.

Current working place

- Copenhagen Center for Arthritis Research, Department of Rheumatology and Spine Diseases, Rigshospitalet – Glostrup, Centre of Head and Orthopaedics, Denmark
- Department of Clinical Medicine, University of Copenhagen, Denmark

Education

- 2010 Research Management, Copenhagen Business School, DK
- 2006 Doctor in Medical Science, Lund University, Sweden
- 1998 Master Degree in Science of Nursing, Aarhus University, DK
- 1996 Diploma in Adult Pedagogical Education, University of Roskilde, DK
- 1992 Oncology Nursing Specialist Education, Rigshospitalet, DK
- 1988 Nursing Degree, RN, Copenhagen University Hospital, DK

Research Positions

- 1. March 2020 → Professor (50%), Department of Clinical Medicine, University of Copenhagen, (UCPH), DK
- 1. March 2020 → Senior Researcher (50%), Copenhagen Center for Arthritis Research (COPECARE), Center for Rheumatology and Spine Diseases, Rigshospitalet, DK
- 2015-2020 Research Manager, Copenhagen Center for Arthritis Research (COPECARE), Center for Rheumatology and Spine Diseases, Rigshospitalet, DK
- 2015-2020 Associate Professor (10%), Department of Clinical Medicine, University of Copenhagen, UCPH, DK
- 2012-2014 External Associate Professor, Department of Public Health, University of Copenhagen (UCPH)
- 2009-2015 Research Manager, Glostrup Hospital, Capital Region of Denmark, DK
- 2007-2009 Research Director, Hillerød Hospital, Capital Region of Denmark, DK

Clinical Employment

1988-2007 Clinical Nurse, Assistant Matron, Clinical Specialist, Project Manager at Oncology, Hematology, Pediatric Oncology and Bone Marrow Transplantation, Rigshospitalet, DK

Dissemination and communication

Total number of peer reviewed publications 57 (and two in Danish). H-index: Google Scholar 20 (i10-index 28); citations 1036 February 2020.

Book Chapters 10; Editorial on Books 2; Interviews/Press Coverage 21, Non-Peer-Reviewed 19, Poster Presentations 56, Oral Presentations 38, Invited Speaker 20, Chair 14, Abstract in conference book 2

Fundraising

External sources since 2011: **DKK 27.005.029** in total from following sources: The Danish Rheumatism Association, the Novo Nordic Foundation, the Lundbeck Foundation, the Research Foundation of the Capital Region of Denmark, the Bevica Foundation, Maersk McKinney Møller Foundation, Glostrup Hospital, Danish Nursing Council.

This include **DKK 7.5 mio.** from the Novo Nordic Foundation to the research programme TASEMA (TARgeted SElf-MANagement in Patients with Inflammatory Arthritis (IA) in September.

<https://novonordiskfonden.dk/en/news/research-project-will-improve-the-quality-of-life-of-people-with-chronic-arthritis/>

Honorary Positions (international and national)

- 2017 - ongoing → Evaluation committee for research positions, Herlev-Gentofte Hospital
- 2017 - ongoing → Evaluation committee for Rigshospitalet's Research Foundation for the MVU Group
- 2017 - ongoing → Assessment Committee for the Danish Nursing Council's Research Foundation
- 2017 - ongoing → Research and Innovation Forum, Rigshospitalet
- 2016 - ongoing → member of the ward council in the "Churches in Vipperød" (elected) and contact person (daily leader) (2017)
- 2016 Assessment Committee for the Capital Region of Denmark and health cartel
- 2016-2017 Member of the panel of experts for the project Patient Related Outcomes - project managed and financed by Trygfonden and VIBRIS
- 2011-2012 Member of the working group under the Danish Health and Medicines Authority under Cancer Plan III concerning involvement of relatives of seriously ill patients, including preparation of national guidelines
- 2011 - 2016 Capital Region of Denmark 2012-2016 Member of the Advisory Board, the Capital Region of Denmark
- 2012 - 2017 Member of the Research Advisory Board, Metropolitan University College
- 2010 - 2015 Member of the Board of the Research Park, Glostrup Hospital
- 2010 - 2015 Member of the strategy group for UCSF (University Hospital's Center for Nursing Research)
- 2010 - 2015 Member of the web control group for Glostrup Hospital
- 2010 - 2015 Member of the selection pane for cand.scient.san. programme at the University of Copenhagen
- 2010 - 2012 Evaluation Committee for Researchers' Day, Gentofte Hospital
- 2010 - 2015 Member of the evaluation group for Capital Region's research pool
- 2010 - 2015 Evaluation Committee for Researchers' Day, Glostrup Hospital
- 2009 - 2015 Member of the Research Council at Glostrup Hospital
- 2009 - 2015 Member of the Novo Nordisk Foundation, the Fund's Committee for Nursing Research, chair 2014-2015
- 2009 - 2015 Member of the evaluation committee for the MVU pool, Glostrup Hospital
- 2008-2009 Member of Strategic Research Council, Capital Region
- 2007-2009 Member of the Research Council at Hillerød Hospital
- 2007-2009 Member of the steering committee for collaboration between the nursing school Hillerød and Hillerød Hospital, University College Copenhagen (UCC)

- 2007 Chairman of the research group for MVU, Herlev Hospital
- 2004 Member of the expert panel of the "The Cores Curriculum in Cancer in the Elderly Project" under the EONS (European Oncology Nursing Society); 2004
- 2003 The needs of relatives. Being related to a person with cancer. Nursing as an academic subject III. The Swedish Health Association
- 2003 Member of panel of European nursing experts (EONS & Amgen)
- 1996-1999 Special Interest Group organized under FSK: Co-founder of SIG for nursing research, - development & dissemination, Chairman from 1998-2008, Initiator of the founding of the Nordic Forum for nurses working with bone marrow transplant patients 1996, NFS-BMT
- 1996-2004: Member of the editorial group of FS - 13 new, October 1996. Professional association for nurses working with cancer patients.

Visiting positions

- 2003 Visiting Scholar at International Institute for Qualitative Methodology, University of Alberta, Edmonton, Canada (Professor Janice M. Morse)
- 2013 Visiting Professor, University of New Brunswick, Fredericton, Canada

Awards

- 2018: "Employee of the Month" (December) by the managers of Center for Rheumatology and Spine Diseases
- 2018: "The Mobile Prize" by the Danish Rheumatism Association, DK
- 2016: Best abstract at EULAR based on Joint Resources: Reduction of Sedentary Behaviour in Patients with Rheumatoid Arthritis, London
- 2007: Første pris for Vårdalinstitutets fingerade anslagsfond for bedst formulerede forskningsprogram i forbindelse med post-doc kurset, Lund, Sverige (Best described proposal, post-doctoral course, Lund, Sweden)
- 1998: Won prize for best poster: Participation in European Meeting for nurses working with bone marrow transplants with the poster: "Going by taxi for half an hour does not change the world..."
- 1996: Won award for best oral presentation: Participation in European Meeting for nurses working with bone marrow transplants with comments on: The ethical conflict between curative and palliative care and treatment for bone marrow transplant patients.

Review Committee, supervision and reviewer

Ph.D. review committee 4 (1 as Chair of assessment committee)

Supervision Ph.D. students

Defended → 9 (two as main supervisor); In preparation → 5 (three as main supervisor); Enrolled during 2020 → 2 (two as main supervisor)

Involvement in EULAR projects

- 2019 → EULAR steering committee for self-management – review – first meeting September 2019
- 2017 EULAR study group for participatory research
- 2016-2017 EULAR steering committee for physical activity - review (published)

LIST OF PUBLICATIONS FOR BENTE APPEL ESBENSEN

H-index: 20; citations 1091 (Google Scholar, 20. March 2020)

Doctoral Thesis (DrMedSci)

1. **Esbensen, B.A** (2006) *Elderly persons living with cancer. Quality of life and lived experience* (pages 208). Department of Health Sciences, Faculty of Medicine, Lund University, Sweden. Bulletin No. 23 from the Unit for Caring Sciences 2006

Master's Thesis (MSciN)

1. **Esbensen, B.A.** (1998) *"To be on a side track...." A qualitative study on the transition from long-term hospitalization and isolation to being at home again after a bone marrow transplant.* (pages 100) Aarhus University (grade 11)

Peer reviewed papers (in English)

1. Ida Kristiane Roelsgaard, Thordis Thomsen, Mikkel Østergaard, Anne Grete Semb, Lena Andersen, **Bente Appel Esbensen** How do people with rheumatoid arthritis experience participation in a smoking cessation trial: a qualitative study Accepted for publication in International Journal of Qualitative Studies in Health & Well-being (January 2020)
2. Roelsgaard IK, Ikdahl E, Rollefstad S, Wibetoe G, **Esbensen BA**, Kitas GD, van Riel P, Gabriel S, Kvien TK, Douglas K, Wållberg-Jonsson S, Rantapää Dahlqvist S, Karpouzas G, Dessein PH, Tsang L, El-Gabalawy H, Hitchon CA, Pascual-Ramos V, Contreas-Yañes I, Sfrikakis PP, González-Gay MA, Crowson CS, Semb AG Smoking cessation is associated with more favorable lipid profiles and lower disease activity and a predictor of lower cardiovascular disease event rates in patients with rheumatoid arthritis *Rheumatology* (Oxford). 2019 Nov 28. pii: kez557. doi: [10.1093/rheumatology/kez557](https://doi.org/10.1093/rheumatology/kez557).
3. Thomsen, T, Aadahl, M, Beyer, N, Hetland, M.L., Loppenthin, K., Midtgaard, J., Christensen, R., Østergaard, M., Jennum, P.J., **Esbensen, B. A.** Sustained long-term efficacy of motivational counselling and SMS-reminders on daily sitting time in patients with rheumatoid arthritis? 22-months follow-up of a randomised, parallel-group trial *Arthritis Care Res* (Hoboken). 2019 Sep 10doi: [10.1002/acr.24060](https://doi.org/10.1002/acr.24060).
4. Grauslund AH, Michelsen JS, **Esbensen BA** Everyday Life with Chronic Back Pain: A Qualitative Study among Turkish Immigrants in Denmark *Disability and Rehabilitation* 2019 Sep 16:1-9. doi/full/[10.1080/09638288.2019.1661034](https://doi.org/10.1080/09638288.2019.1661034)
5. Roelsgaard IK, **Esbensen BA**, Østergaard M, Rollefstad S, Semb AG, Christensen R, Thomsen T. Smoking cessation interventions for reducing disease activity in chronic autoimmune inflammatory joint diseases (Review). *Cochrane Database of Systematic Reviews*; 2019; Accepted for publication June 27th, 2019 doi: [10.1002/14651858.CD012958.pub2](https://doi.org/10.1002/14651858.CD012958.pub2)
6. Pilegaard, T, Hagelund, L., Sandra Elkjær Stallknecht, S.E., Jensen, H. H., **Esbensen, B.A.** Severity of Fatigue in People with Rheumatoid Arthritis, Psoriatic Arthritis and Spondyloarthritis – Results of a Cross-Sectional Study. *PLoS One*. 2019 Jun 28;14(6):e0218831. doi: [10.1371/journal.pone.0218831](https://doi.org/10.1371/journal.pone.0218831). eCollection 2019.
7. Primdahl, J.; Jensen, D.; Hodahl, R, R.; Jensen, K.; Ziegler, C.; Nielsen, S.; Dalsgaard, L.; Kildemand, M.; Hetland, M.L.; **Esbensen, B.A.** (2019) Patients' views on routine collection of patient reported outcomes in rheumatology out-patient care *Arthritis Care Res* (Hoboken). 2019 Jun 29. doi: [10.1002/acr.24019](https://doi.org/10.1002/acr.24019). [Epub ahead of print]
8. Løppenthin, K., **Esbensen, B.A.**, Østergaard, M., Ibsen; R., Kjellberg, J., Jennum, P. (2019) Morbidity and mortality in patients with rheumatoid arthritis compared with an age and sex-matched control population. A nationwide register study *Journal of Comorbidity* Volume 9: 1–7 DOI: [10.1177/2235042X19853484](https://doi.org/10.1177/2235042X19853484)
9. Thomsen T, **Esbensen BA**, Hetland ML, Aadahl M. Motivational Counseling and Text Message Reminders: For Reduction of Daily Sitting Time and Promotion of Everyday Physical Activity in People with Rheumatoid Arthritis. *Rheumatic diseases clinics of North America*. 2019;45(2):231-44.

10. Primdahl J, Hegelund A, Lorenzen AG, Loeppenthin K, Dures E, **Appel Esbensen B.** The Experience of people with rheumatoid arthritis living with fatigue: a qualitative metasynthesis. *BMJ open* 2019;9(3):e024338. doi: [10.1136/bmjopen-2018-024338](https://doi.org/10.1136/bmjopen-2018-024338) [published Online First: 2019/03/23]
11. Jorgensen, T. .S., J. J. Lykkegaard, A. Hansen, H. M. Schroder, B. Stampe, A. T. Sweeney, **Appel Esbensen, B.**, B. Bech, K. Christensen, E. Friis-Mikkelsen, H. Rogind, T. Lundbak, P. C. Taylor, I. F. Petersson, E. E. Waehrens, J. Kjellberg, H. Gudbergsen, and L. E. Kristensen. "Protocol for Evaluating and Implementing a Pragmatic Value-Based Healthcare Management Model for Patients with Inflammatory Arthritis: A Danish Population-Based Regional Cohort and Qualitative Implementation Study." *BMJ Open* 8, no. 10 (Oct 23 2018): e023915. <http://dx.doi.org/10.1136/bmjopen-2018-023915>.
12. Waldemar, A. K., **Esbensen, B.A.**, L. Korsbek, L. Petersen, and S. Arnfred. "Recovery-Oriented Practice: Participant Observations of the Interactions between Patients and Health Professionals in Mental Health Inpatient Settings." *Int J Ment Health Nurs* (Aug 27 2018). <http://dx.doi.org/10.1111/inm.12537>.
13. Waldemar, A. K., **Esbensen, B.A.**, L. Korsbek, L. Petersen, and S. Arnfred. "Recovery Orientation in Mental Health Inpatient Settings: Inpatient Experiences?" *Int J Ment Health Nurs* 27, no. 3 (Jun 2018): 1177-87. <http://dx.doi.org/10.1111/inm.12434>.
14. Rausch Osthoff, A. K., K. Niedermann, J. Braun, J. Adams, N. Brodin, H. Dagfinrud, T. Duruoz, **Esbensen, B.A.**, K. P. Gunther, E. Hurkmans, C. B. Juhl, N. Kennedy, U. Kiltz, K. Knittle, M. Nurmohamed, S. Pais, G. Severijns, T. W. Swinnen, I. A. Pitsillidou, L. Warburton, Z. Yankov, and T. P. M. Vliet Vlieland. "2018 Eular Recommendations for Physical Activity in People with Inflammatory Arthritis and Osteoarthritis." *Ann Rheum Dis* 77, no. 9 (Sep 2018): 1251-60. <http://dx.doi.org/10.1136/annrheumdis-2018-213585>.
15. McKenna, S. G., A. E. Donnelly, **Esbensen, B.A.**, A. D. Fraser, and N. M. Kennedy. "The Impact of Exercise on Sleep (Time, Quality, and Disturbance) in Patients with Rheumatoid Arthritis: A Study Protocol for a Pilot Randomised Controlled Trial." *Rheumatol Int* (May 15 2018). <http://dx.doi.org/10.1007/s00296-018-4052-y>.
16. Stahlhut, M., **Esbensen, B.A.**, J. L. Larsen, A. M. Bisgaard, J. Downs, and E. Nordmark. "Facilitators and Barriers of Participation in "Uptime" Activities in Girls and Women with Rett Syndrome: Perspectives from Parents and Professionals." *Qual Health Res* (Oct 10 2018): 1049732318803358. <http://dx.doi.org/10.1177/1049732318803358>.
17. Loft, M. I., I. Poulsen, B. Martinsen, L. L. Mathiesen, H. K. Iversen, and **Esbensen, B.A.** "Strengthening Nursing Role and Functions in Stroke Rehabilitation 24/7: A Mixed-Methods Study Assessing the Feasibility and Acceptability of an Educational Intervention Programme." *Nurs Open* 6, no. 1 (Jan 2019): 162-74. <http://dx.doi.org/10.1002/nop2.202>.
18. Kennedy, N. M., S. G. McKenna, A. O'Neill, **B. Appel Esbensen**, T. W. Swinnen, B. Nordgren, S. Willemijns, N. M. Hammer, and N. Brodin. "A Survey across Four European Countries to Determine Rheumatology Health Professionals' Awareness of Physical Activity Measures in People with Inflammatory Joint Diseases." *BMJ Open* 8, no. 5 (May 31 2018): e020809. <http://dx.doi.org/10.1136/bmjopen-2017-020809>.
19. Loft, M. I., **Esbensen, B.A.**, K. Kirk, L. Pedersen, B. Martinsen, H. Iversen, L. L. Mathiesen, and I. Poulsen. "Nursing Staffs Self-Perceived Outcome from a Rehabilitation 24/7 Educational Programme - a Mixed-Methods Study in Stroke Care." *BMC Nurs* 17 (2018): 17. <http://dx.doi.org/10.1186/s12912-018-0285-z>.
20. Roelsgaard, I.R., **Esbensen, B.A.**, Østergaard, M., Rollefstad, S.C., Christensen, R., Thomsen, T. Smoking cessation intervention for reducing disease activity in chronic autoimmune inflammatory joint diseases Cochrane Database of Systematic Reviews 2018, Issue 2. Art. No.: CD012958. DOI: 10.1002/14651858.CD012958.
21. Tegner, H., P. Frederiksen, **Esbensen, B.A.**, and C. Juhl. "Neurophysiological Pain Education for Patients with Chronic Low Back Pain: A Systematic Review and Meta-Analysis." *Clin J Pain* 34, no. 8 (Aug 2018): 778-86. <http://dx.doi.org/10.1097/ajp.0000000000000594>.
22. Roelsgaard, I. K., Thomsen, T., Ostergaard, M., Christensen, R., Hetland, M.L., Jacobsen, S., Andersen, L. Tonnesen, H., Rollefstad, S., Semb, A.G., and **Esbensen, B.A.** "The Effect of an Intensive Smoking

- Cessation Intervention on Disease Activity in Patients with Rheumatoid Arthritis: Study Protocol for a Randomised Controlled Trial." *Trials* 18, no. 1 (Nov 28 2017): 570. <http://dx.doi.org/10.1186/s13063-017-2309-5>.
23. Loft, M. I., B. Martinsen, **Esbensen, B.A.**, L. L. Mathiesen, H. K. Iversen, and I. Poulsen. "Call for Human Contact and Support: An Interview Study Exploring Patients' Experiences with Inpatient Stroke Rehabilitation and Their Perception of Nurses' and Nurse Assistants' Roles and Functions." *Disabil Rehabil* (Oct 24 2017): 1-9. <http://dx.doi.org/10.1080/09638288.2017.1393698>.
 24. Hammer, N. M., J. Midtgaard, M. L. Hetland, N. S. Krogh, and **Esbensen, B.A.**. "Physical Activity Behaviour in Men with Inflammatory Joint Disease: A Cross-Sectional Register-Based Study." *Rheumatology (Oxford)* 57, no. 5 (May 1 2018): 803-12. <http://dx.doi.org/10.1093/rheumatology/kex498>.
 25. Loft, M. I., B. Martinsen, **Esbensen, B.A.**, L. L. Mathiesen, H. K. Iversen, and I. Poulsen. "Strengthening the Role and Functions of Nursing Staff in Inpatient Stroke Rehabilitation: Developing a Complex Intervention Using the Behaviour Change Wheel." *Int J Qual Stud Health Well-being* 12, no. sup2 (2017): 1392218. <http://dx.doi.org/10.1080/17482631.2017.1392218>.
 26. de Thurah, A., **Esbensen, B.A.**, I. K. Roelsgaard, T. F. Frandsen, and J. Primdahl. "Efficacy of Embedded Nurse-Led Versus Conventional Physician-Led Follow-up in Rheumatoid Arthritis: A Systematic Review and Meta-Analysis." *RMD Open* 3, no. 2 (2017): e000481. <http://dx.doi.org/10.1136/rmdopen-2017-000481>.
 27. Loft, M. I., I. Poulsen, **Esbensen, B.A.**, H. K. Iversen, L. L. Mathiesen, and B. Martinsen. "Nurses' and Nurse Assistants' Beliefs, Attitudes and Actions Related to Role and Function in an Inpatient Stroke Rehabilitation Unit-a Qualitative Study." *J Clin Nurs* 26, no. 23-24 (Dec 2017): 4905-14. <http://dx.doi.org/10.1111/jocn.13972>.
 28. Thomsen, T., M. Aadahl, N. Beyer, M. L. Hetland, K. Loppenthin, J. Midtgaard, R. Christensen, M. Ostergaard, P. J. Jennum, and **Esbensen, B.A.**. "The Efficacy of Motivational Counselling and Sms Reminders on Daily Sitting Time in Patients with Rheumatoid Arthritis: A Randomised Controlled Trial." *Ann Rheum Dis* 76, no. 9 (Sep 2017): 1603-06. <http://dx.doi.org/10.1136/annrheumdis-2016-210953>
 29. Loppenthin, K., **Esbensen, B.A.**, M. Ostergaard, R. Ibsen, J. Kjellberg, and P. Jennum. "Welfare Costs in Patients with Rheumatoid Arthritis and Their Partners Compared with Matched Controls: A Register-Based Study." *Clin Rheumatol* 36, no. 3 (Mar 2017): 517-25. <http://dx.doi.org/10.1007/s10067-016-3446-z>.
 30. Thomsen, T., M. Aadahl, N. Beyer, M. L. Hetland, K. Loppenthin, J. Midtgaard, R. Christensen, and **Esbensen, B.A.**. "Motivational Counselling and Sms-Reminders for Reduction of Daily Sitting Time in Patients with Rheumatoid Arthritis: A Descriptive Randomised Controlled Feasibility Study." *BMC Musculoskelet Disord* 17, no. 1 (Oct 18 2016): 434. <http://dx.doi.org/10.1186/s12891-016-1266-6>.
 31. Thomsen, T., N. Beyer, M. Aadahl, M. L. Hetland, K. Loppenthin, J. Midtgaard, and **Esbensen, B.A.**. "Sedentary Behaviour in Patients with Rheumatoid Arthritis: A Qualitative Study." *Int J Qual Stud Health Well-being* 10 (2015): 28578. <http://dx.doi.org/10.3402/qhw.v10.28578>.
 32. **Esbensen, B. A.**, I. Hvitved, H. E. Andersen, and C. M. Petersen. "Growing Older in the Context of Needing Geriatric Assessment: A Qualitative Study." *Scand J Caring Sci* 30, no. 3 (Sep 2016): 489-98. <http://dx.doi.org/10.1111/scs.12267>.
 33. Stisen, D. B., H. Tegner, T. Bendix, and **Esbensen, B.A.**. "The Experience of Patients with Fear-Avoidance Belief Hospitalised for Low Back Pain - a Qualitative Study." *Disabil Rehabil* 38, no. 4 (2016): 307-14. <http://dx.doi.org/10.3109/09638288.2015.1037465>.
 34. Loppenthin, K., **Esbensen, B.A.**, M. Ostergaard, P. Jennum, A. Tolver, M. Aadahl, T. Thomsen, and J. Midtgaard. "Physical Activity and the Association with Fatigue and Sleep in Danish Patients with Rheumatoid Arthritis." *Rheumatol Int* 35, no. 10 (Oct 2015): 1655-64. <http://dx.doi.org/10.1007/s00296-015-3274-5>
 35. Loppenthin, K., **Esbensen, BA**, P. Jennum, M. Ostergaard, A. Tolver, T. Thomsen, and J. Midtgaard. "Sleep Quality and Correlates of Poor Sleep in Patients with Rheumatoid Arthritis." *Clin Rheumatol* 34, no. 12 (Dec 2015): 2029-39. <http://dx.doi.org/10.1007/s10067-015-2875-4>.
 36. **Esbensen, B. A.**, T. Thomsen, M. L. Hetland, N. Beyer, J. Midtgaard, K. Loppenthin, P. Jennum, M. Ostergaard, J. Sorensen, R. Christensen, and M. Aadahl. "The Efficacy of Motivational Counseling and

- Sms-Reminders on Daily Sitting Time in Patients with Rheumatoid Arthritis: Protocol for a Randomized Controlled Trial." *Trials* 16 (Jan 27 2015): 23. <http://dx.doi.org/10.1186/s13063-014-0540-x>.
37. Thomsen, T., M. Vester-Andersen, M. V. Nielsen, T. Waldau, A. M. Moller, J. Rosenberg, M. H. Moller, K. B. Nystrup, and **Esbensen, B.A.** "Patients' Experiences of Postoperative Intermediate Care and Standard Surgical Ward Care after Emergency Abdominal Surgery: A Qualitative Sub-Study of the Incare Trial." *J Clin Nurs* 24, no. 9-10 (May 2015): 1280-8. <http://dx.doi.org/10.1111/jocn.12727>.
 38. Qvarfordh, P., K. S. Olsen, T. Bendix, and **Esbensen, B.A.** "Should Patients Walk from the Postanesthesia Care Unit to the General Ward after a Lumbar Discectomy? A Randomized Study." *J Perianesth Nurs* 29, no. 5 (Oct 2014): 377-84. <http://dx.doi.org/10.1016/j.jopan.2013.10.006>.
 39. Husted, G. R., B. Thorsteinsson, **Esbensen, B.A.**, C. Gluud, P. Winkel, E. Hommel, and V. Zoffmann. "Effect of Guided Self-Determination Youth Intervention Integrated into Outpatient Visits Versus Treatment as Usual on Glycemic Control and Life Skills: A Randomized Clinical Trial in Adolescents with Type 1 Diabetes." *Trials* 15 (Aug 12 2014): 321. <http://dx.doi.org/10.1186/1745-6215-15-321>.
 40. Madsen, M., K. V. Jensen, and **Esbensen, B.A.** "Men's Experiences of Living with Ankylosing Spondylitis: A Qualitative Study." *Musculoskeletal Care* 13, no. 1 (Mar 2015): 31-41. <http://dx.doi.org/10.1002/msc.1082>.
 41. Husted, G. R., **Esbensen, B.A.**, E. Hommel, B. Thorsteinsson, and V. Zoffmann. "Adolescents Developing Life Skills for Managing Type 1 Diabetes: A Qualitative, Realistic Evaluation of a Guided Self-Determination-Youth Intervention." *J Adv Nurs* 70, no. 11 (Nov 2014): 2634-50. <http://dx.doi.org/10.1111/jan.12413>.
 42. Loppenthin, K., **Esbensen, B.A.**, P. Jennum, M. Ostergaard, J. F. Christensen, T. Thomsen, J. S. Bech, and J. Midtgaard. "Effect of Intermittent Aerobic Exercise on Sleep Quality and Sleep Disturbances in Patients with Rheumatoid Arthritis - Design of a Randomized Controlled Trial." *BMC Musculoskelet Disord* 15 (Feb 21 2014): 49. <http://dx.doi.org/10.1186/1471-2474-15-49>.
 43. Hasman, K., H. Kjaergaard, and **Esbensen, B.A.** "Fathers' Experience of Childbirth When Non-Progressive Labour Occurs and Augmentation Is Established. A Qualitative Study." *Sex Reprod Healthc* 5, no. 2 (Jun 2014): 69-73. <http://dx.doi.org/10.1016/j.srhc.2014.02.001>.
 44. Loeppenthin, K., **B. Esbensen**, M. Ostergaard, P. Jennum, T. Thomsen, and J. Midtgaard. "Physical Activity Maintenance in Patients with Rheumatoid Arthritis: A Qualitative Study." *Clin Rehabil* 28, no. 3 (Mar 2014): 289-99. <http://dx.doi.org/10.1177/0269215513501526>.
 45. Majholm, B., **Esbensen, B.A.**, T. Thomsen, J. Engbaek, and A. M. Moller. "Partners' Experiences of the Postdischarge Period after Day Surgery--a Qualitative Study." *J Clin Nurs* 21, no. 17-18 (Sep 2012): 2518-27. <http://dx.doi.org/10.1111/j.1365-2702.2012.04116.x>.
 46. **Esbensen, B. A.**, B. Thome, and T. Thomsen. "Dependency in Elderly People Newly Diagnosed with Cancer--a Mixed-Method Study." *Eur J Oncol Nurs* 16, no. 2 (Apr 2012): 137-44. <http://dx.doi.org/10.1016/j.ejon.2011.04.011>.
 47. **Esbensen, B.A.**, Thomsen T. "Hope and Qualitative of Life in elderly persons with cancer". *Open Journal of Nursing*, September, 1 (2011) 15-32
 48. Husted, G. R., B. Thorsteinsson, **Esbensen, B.A.**, E. Hommel, and V. Zoffmann. "Improving Glycaemic Control and Life Skills in Adolescents with Type 1 Diabetes: A Randomised, Controlled Intervention Study Using the Guided Self-Determination-Young Method in Triads of Adolescents, Parents and Health Care Providers Integrated into Routine Paediatric Outpatient Clinics." *BMC Pediatr* 11 (Jun 14 2011): 55. <http://dx.doi.org/10.1186/1471-2431-11-55>.
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